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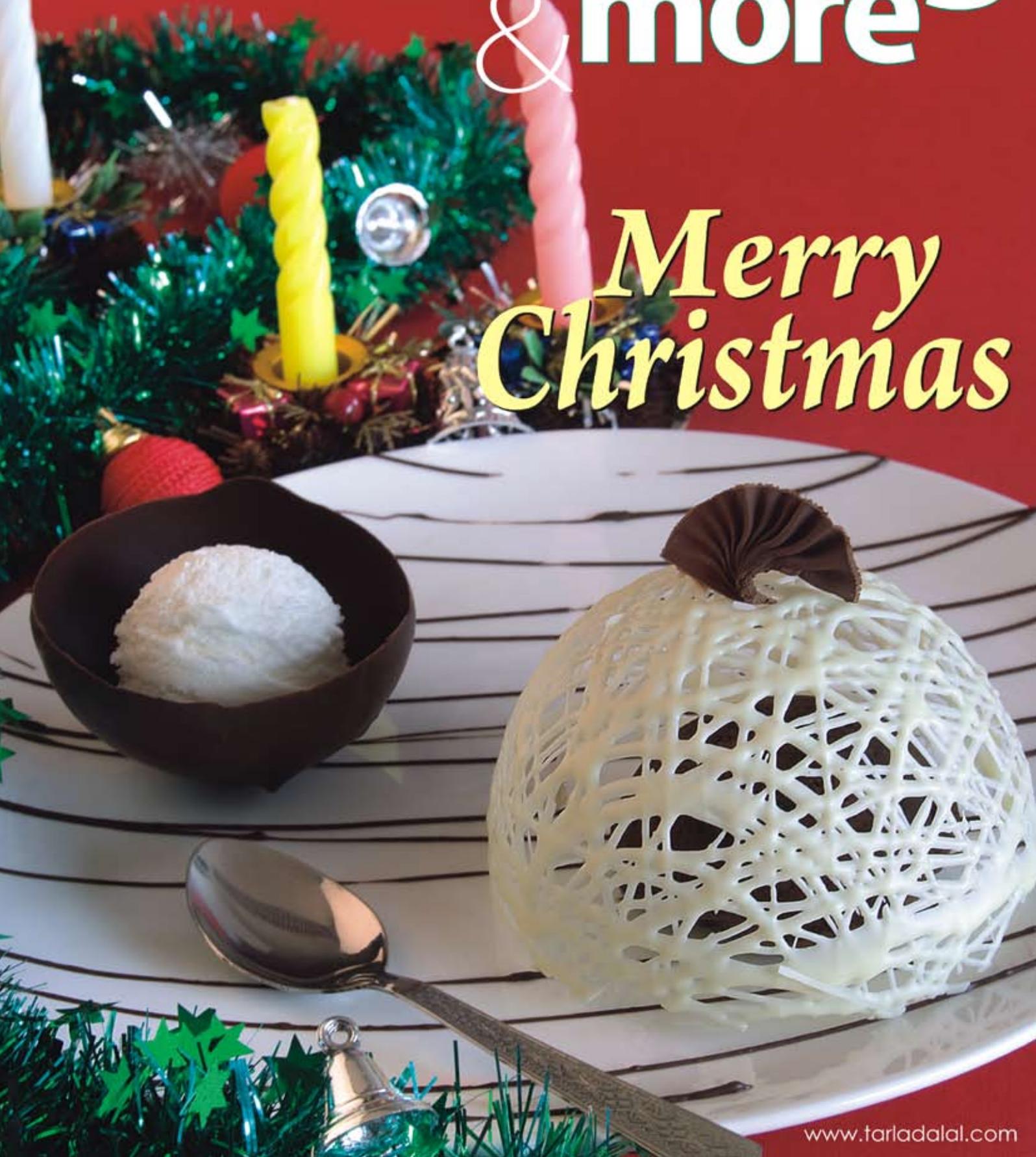
INDIA'S #1 COOKERY AUTHOR

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# Cooking & more

## Merry Christmas



# Dietary Guidelines for Renal Disease

**Continuing Clinical Nutritionist, Dr. Nupur Krishnan's tips on the right diet for patients with renal disease...**

In the last issue we dealt with the right diet for those on dialysis. Let us continue with what patients with renal disease must consider in terms of their diet. Remember, your diet depends on your kidney function. What is right for others not always right for you. As your kidney function changes, your diet may change as well. The information in this article will help keep you happy so stress related hormones will not complicate your problem. It will help you to continuously monitor your meal plan so that you can make any changes needed. With a little care you can plan nutritious meals you enjoy and will keep your body working at its best.

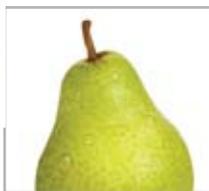
Nutritional intervention varies throughout the course of chronic renal disease. When end-stage renal insufficiency occurs, nutritional intervention must accommodate the mode of dialysis or the regimen required by a renal transplant. The dietary modifications that are used throughout the course of treating renal failure are often complex because of the need to alter the intake of multiple nutrients simultaneously.

When comorbid conditions exist, such as hypertension, diabetes and hyperlipidemia, additional dietary

interventions are necessary, adding further complexity. In the presence of acute renal failure, a special diet or dialysis is required, usually for a brief period of time, until the kidneys regain function.

The nutritional interventions for chronic renal failure are more complicated. A complex diet, combined with sickness, frequent hospitalisations, and poor appetite, puts the patient with chronic kidney diseases at serious risk for malnutrition. The challenge to create an effective and enjoyable nutritional intervention regimen should be approached as an art as well as a science.

A nutritionist can have a significant impact on the health of a patient with kidney disease by conveying the message that food is important to keep and improve health and alter abnormal physiologic conditions to bring about more normal conditions. Success is achieved by simplifying a complex dietary regimen and by effectively using individualised approaches. Success builds self confidence and motivation, and patients who succeed in adhering to multiple dietary restrictions and believe that the intervention will help are most likely to achieve their goals.



PEAR



GUAVA



PINEAPPLE



APPLE



PAPAYA



MANGO



BANANA



CHICKOO



GRAPES



CUSTARD APPLE

## **Patients with renal disease often face certain common barriers, which can be alleviated:**

### **1. Lack of family and social support:**

Involving family and friends in counselling sessions often has a positive influence on compliance.

### **2. Poor appetite and anorexia:**

These are common causes of decreased food intake. Helping the patient focus on food that tastes good improves food intake.

### **3. Food cost:**

The cost of high quality protein foods, such as poultry, can be excessive for some dialysis patients or after renal transplantation. A nutritionist can help plan lower cost menus and discuss ways to lower the cost of the grocery bill without compromising nutrient intake.

### **4. Lack of motivation to follow the diet:**

A nutritionist can provide simple guidelines and suggestions that focus on what each patient likes to eat, while making as few changes as possible. Patients must be encouraged to increase the frequency of follow up and contact with the nutritionist.

### **5. Inadequate understanding of the diet:**

A lack of understanding of the purpose of the dietary modifications and inadequate instructions to achieve the modifications are common barriers. A nutritionist must clarify to the patient which foods to eat and which to avoid.

## **PRESCRIBED *Diet***

### **(SAMPLE MENU PLAN)**

#### **EARLY MORNING**

##### **BED TEA:**

Tea/ Coffee 1 cup Arrowroot biscuits - 2-4 nos.

##### **BREAKFAST:**

- a) Tea/ Coffee/ Milk 1 cup (same as morning)  
(Choose any one of the following)  
Rawa Dhokla - 2-3 pieces  
Sabudana Khichadi – 1 medium size katori  
2 eggs (boiled/ poached/ scrambled/ omlette)

(Choose any one of the following)

##### **MID MORNING:**

Fruit -1 medium size (100 gm)  
Sago Kanji/Arrowroot Kanji - 1 bowl

##### **LUNCH:**

- a) Cereal: Chapatti - 2 medium size OR Phulka 2-3 small  
Steamed Patni rice - 1 medium size katori  
b) Pulse: Dal 1 medium size katori OR whole pulse  $\frac{3}{4}$   
medium size katori  
c) Vegetable -1 medium size katori  
d) Curd - 1 small size katori OR Buttermilk (thin) -1 glass  
e) Salad- 1 big katori

##### **TEA-TIME:**

- a) Tea/ Coffee -1 cup  
(Choose any one of the following).  
b) Cereal: Arrowroot biscuits- 2-3 nos.  
Plain Khakra - 2  
Plain Bhel - 1 medium katori (without sev/puri)

##### **MID EVENING:**

SAME AS MID MORNING (Optional)

##### **DINNER:**

SAME AS LUNCH

##### **BED TIME:**

Milk (cream-free) -1 cup OR Fruit (apple or papaya) - 1

# SABUDANA KHICHADI

*Made in the micro in a jiffy, this popular snack is kind on the kidneys!*

Preparation Time: 20 minutes

Cooking Time: 4 minutes

Serves 4

1 cup sago (*sabudana*)

½ cup roasted peanuts, crushed

2 medium potatoes, peeled and cut into cubes

½ tsp cumin (*jeera*) seeds

2 green chillies, slit

2 tbsp oil

Salt to taste

1. Wash the sago. Drain and keep aside for about 2 hours. If necessary sprinkle a little water to moisten the sago.
2. Combine the oil, cumin seeds, green chillies and potatoes in a microwave safe bowl. Cover with a lid and microwave on HIGH for 2 minutes or until the potatoes are tender.
3. Add the soaked sago, peanuts and salt and mix well. Cover with a lid and microwave on HIGH for 2 minutes.  
Serve hot with green *chutney* or curds.



**Dr. Nupur Krishnan - Ph.D. Food and Nutrition Director (Bio-Logics Nutrition Clinics)**

- is a Clinical Nutritionist with a decade of proven experience in preventive and clinical nutrition therapies for heart attack, obesity, diabetes, high cholesterol, stroke, blood pressure, thyroid, kidney disorders, liver disease, constipation, anaemia, etc.



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